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1. A method for reducing cellular damage, the method comprising the step for providing a dietary supplement for consumption to reduce cellular damage, wherein the dietary supplement includes juice from fruit of a *Morinda citrifolia*.

5 2. A method as recited in claim 1, further comprising the step for providing a recommended use of the dietary supplement, wherein the recommended use includes one of:

- (i) consuming one fluid ounce of the dietary supplement per day;
- (ii) consuming more than one fluid ounce of the dietary supplement per day; and
- 10 (iii) consuming less than one fluid ounce of the dietary supplement per day.

3. A method as recited in claim 2, wherein the recommended use further includes consuming the dietary supplement before a meal. *11/20*

15 4. A method as recited in claim 1, wherein the step for providing includes the steps for:

- harvesting the fruit from the *Morinda citrifolia*;
- preparing the harvested fruit for processing;
- processing the prepared fruit to obtain the dietary supplement; and
- 20 packaging the dietary supplement.)

5. A method as recited in claim 4, wherein the fruit is harvested when it is at least one inch long and up to twelve inches in diameter.

and not damaged

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6. A method as recited in claim 4, wherein the step for preparing the harvested fruit includes at least one of the steps for:

- (i) cleaning the harvested fruit;
- (ii) allowing the harvested fruit to ripen;
- 5 (iii) eliminating spoiled fruit from the harvested fruit; and
- (iv) placing the harvested fruit in one or more plastic lined containers.

7. A method as recited in claim 4, wherein the step for processing the prepared fruit includes the steps for:

10 separating the juice of the harvested fruit from at least one of:

- (i) seeds of the harvested fruit;
- (ii) peel of the harvested fruit; and
- (iii) pulp of the harvested fruit;

mixing the juice of the harvested fruit with at least one of:

- (i) a flavoring;
- (ii) a sweetener;
- (iii) a nutritional ingredient;
- (iv) a botanical extract; and
- (v) a coloring; and

20 heating the dietary supplement to a temperature of at least 181°F.

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8. A method as recited in claim 4, wherein the step for packaging the dietary supplement includes the step for packaging the dietary supplement into a container that comprises at least one of:

- 5
- (i) glass; and
 - (ii) plastic.

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9. A method for scavenging lipid hydroperoxides and superoxide anion free radicals within a body, the method comprising the steps for:

providing a dietary supplement for consumption to perform the scavenging of lipid hydroperoxides and superoxide anion free radicals within the body, wherein the
5 dietary supplement includes juice from fruit of a *Morinda citrifolia*; and
providing a recommended use of the dietary supplement.

10. A method as recited in claim 9, wherein the recommended use includes one of:

- 10 (i) consuming one fluid ounce of the dietary supplement per day;
(ii) consuming more than one fluid ounce of the dietary supplement per day; and
(iii) consuming less than one fluid ounce of the dietary supplement per day.

15 11. A method as recited in claim 10, wherein the recommended use further includes consuming the dietary supplement before a meal.

12. A method as recited in claim 9, wherein the dietary supplement provided includes reconstituted *Morinda citrifolia* fruit juice from pure juice puree of French
20 Polynesia.

13. A dietary supplement comprising:
juice harvested from a *Morinda citrifolia*; and
at least one of:

(i) a flavoring;
5 (ii) a sweetener;
(iii) a nutritional ingredient;
(iv) a botanical extract; and
(v) a coloring.

10 14. A dietary supplement as recited in claim 13, wherein the juice is pure juice
puree, and wherein the *Morinda citrifolia* is from French Polynesia.

15 15. A dietary supplement as recited in claim 13, wherein the dietary supplement
scavenges one or more lipid hydroperoxides.

16. A dietary supplement as recited in claim 13, wherein the dietary supplement
scavenges one or more superoxide anion free radicals.

17. A dietary supplement as recited in claim 13, wherein the dietary supplement
20 increases cell functionality.

18. A dietary supplement as recited in claim 17, wherein cell functionality includes at least one of:

- (i) cell regeneration;
- (ii) an ability to absorb nutrients; and
- 5 (iii) production of one or more T-cells.

19. A dietary supplement as recited in claim 13, further comprising at least one of:

- (i) Vitamin C;
- (ii) maritime pine bark extract; and
- 10 (iii) grape seed powder.

20. A dietary supplement as recited in claim 13, wherein the dietary supplement delays the onset of one or more inherited diseases.

15 21. A dietary supplement as recited in claim 20, wherein the inherited diseases include at least one of:

- (i) Alzheimer's disease;
- (ii) cancer;
- (iii) diabetes;
- 20 (iv) heart disease;
- (v) macular degeneration; and
- (vi) Parkinson's disease.

22. A dietary supplement as recited in claim 13, wherein the dietary supplement delays the onset of one or more age-associated declines.

23. A dietary supplement as recited in claim 22, wherein the age-associated
5 declines include at least one of:

- (i) vision loss;
 - (ii) hearing loss; and
 - (iii) memory loss.